

THE BOYS OF SUMMER CAMP

BLUE JAYS LEGEND DUANE WARD AND OTHERS

HIT LONDON FOR A THREE-DAY BASEBALL CLINIC



PAGE 15

Wednesday's jackpot
\$16,000,000

estimated



LONDON

metro®

metronews.ca | twitter.com/themetroLondon | facebook.com/themetroLondon

Tuesday, July 31, 2012



News
worth
sharing.



HEAVY MEDAL

Kim Un Guk, of North Korea, breaks the Olympic record on Monday with a lift of 153 kilograms in the snatch during the men's 62-kilogram weightlifting competition at the Summer Games in London. More coverage on pages 16 and 17, and online at metronews.ca. HASSAN AMMAR/THE ASSOCIATED PRESS

Crude feud

National Energy Board decision.

Londoners among those who object to oilsands crude flowing farther east



ANGELA MULLINS

angela.mullins@metronews.ca



Protesters stake out MP Susan Truppe's King Street office on Monday. CONTRIBUTED/STEVE D'ARCY

rights in the decision-making process. The line crosses Six Nations land.

"It's important to consider that the National Energy Board is supposedly independent and has a mandate to make sure it's in the public interest," McColl said. "Unfortunately, they basically ignored several factors."

"We really feel like, if you took (all the) factors into consideration, you'd be forced to admit the decision should be re-examined from a different point of view."

Truppe wasn't available to meet McColl's group on Monday, but a meeting is being scheduled, said Kelly Shute, Truppe's senior constituency assistant.

Labour Minister Lisa Raitt, a former natural resources minister, has called the Energy Board's decision "quite important" for improving pipeline access to Canada's coasts and customers in the U.S. The move reflects what customers want, Raitt said, noting that East Coast customers will be able to receive cheaper crude from North America rather than importing it from abroad.

Environmentalists such as David McColl, 24, of London, point to several problems with the Energy Board's decision, released Friday afternoon. Extracting more crude from the oilsands is bad for the environment, partly because the extraction process causes more climate change compared to other types of oil, said McColl, a member of Climate Justice London, which organized the protest.

He and others are also worried about the structural integrity of the Enbridge Inc. pipeline that would carry the crude, and they say the Energy Board did not respect Six Nations

make it your home!

Scenic Tower

470 Scenic Drive

The Dorchester

1231 Richmond Street

Colony One

420 Central Avenue

Empress Gate

500-560 Proudfoot Lane



Empress Gate

500/560 Proudfoot Lane
(519) 200-1909

Spacious One and Two Bedroom Suites from

\$805
Plus hydro

- Large spacious suites
- Nice residential neighbourhood
- Close to school
- Ample parking
- 5 appliances
- En suite central air

The Dorchester

1231/1265 Richmond Street
(519) 200-2170

Bachelor, One, Two and Three Bedroom Suites from

\$760 to \$1300

Plus hydro

- At UWO gates
- Great student buildings
- Parking available
- Pet friendly
- Laundry on site
- Sparkling swimming pool
- Tennis courts

Scenic Tower

470 Scenic Drive
(226) 781-1092

One and Two Bedroom Suites starting from

\$805 to \$1315

- Nice quiet neighbourhood
- Sparkling swimming pool
- Ample parking
- Close to schools
- Laundry facility on site

Colony One

420 Central Avenue
(226) 268-3673

One Bedroom Suites starting from

\$725
All inclusive

- In the heart of downtown
- Covered and outdoor parking
- Laundry facilities on site
- Pet friendly
- Close to shopping, parks, schools and restaurants

Timbercreek
ASSET MANAGEMENT
www.timbercreekrentals.ca



Timbercreek offers a variety of suites styles to meet all leasing needs at competitive rates. Online leasing experts are available to consult on leasing decisions and to help customize leasing proposals to fit individual tenancy needs. Timbercreek is truly the landlord of choice and we welcome you to visit our locations to see for yourself. Please contact us for an appointment today!



Zip.ca kiosks land in London

Rental service. London movie lovers have more options now that firm has added two self-serve machines

 JOHN MATISZ
john.matisz@metronews.ca

The way people rent movies is vastly different than it was even five years ago.

Look no further than the success of Netflix, the subsequent fall of Blockbuster and its video-store peers, as well as the innovation of self-serve rental kiosks — which are now in London.

Zip.ca has plopped two rental kiosks in local grocery stores over the past few weeks.

"We're leading into a very automated world," said Christina Beavis, general manager of Zip.ca. "People aren't afraid to use machines now, and that's what people are comfortable with."

The pair of seven-foot red boxes — situated near

each store's exit doors with hopes of achieving maximum value — are a portion of a "full roll-out" from Zip.ca that includes machines in Guelph and Kitchener.

The new presence in southwestern Ontario will complement successful launches in Ottawa and Toronto in 2010, Beavis says, adding the days of handing over premier dollar to rent movies are increasingly becoming a thing of the past.

"For me, personally, it's hard to swallow spending \$8 to rent a movie," Beavis said.

Customers can rent up to five movies for \$1 to \$2 each at the kiosks.

Tanya Morrison, a manager at Metro grocery store, says it's been a hit amongst shoppers so far, namely parents of young children.

"Kids really like it. They say, 'Mommy, mommy, can I get one?'" she said. "The timing is right because it's the summer and they're not in school."

The one catch about the kiosks is that they require payment via credit card.

"There's the odd market that won't work out," Beavis said about the limited payment options. "As long as we're dealing with your typical family, it's not a problem."

Beavis adds Londoners should expect a couple more kiosks to land in town over the next few months.

Where to find them

- Food Basics (509 Commissioners Rd. W.)
- Metro (395 Wellington Rd.)



Brayden Gosling, 13, of London tries out the new Zip.ca kiosk inside Food Basics (509 Commissioners Rd. W.). It's one of two movie-rental vending machines in the city. JOHN MATISZ/METRO

Zip.ca started as a mail-in rental store in 2004, but has expanded into offering kiosk service. Currently,

it has about 90 kiosks in Ontario-based Metro or Food Basics grocery stores, and nine Sobeys stores in

Nova Scotia.

Follow John Matisz on Twitter @Metro_JMatisz



Bethany's Hope. Rock the Park raises \$300K

Rockin' lineup

12

12 bands played the three-day festival.

It's going to take more than a little pouring rain and scorching heat to stop Londoners from rocking.

The ninth annual Rock the Park music festival ended Saturday night, and despite the weather, officials say it was a resounding success. More than 25,000 attended the three-day concert in Harris Park, and approximately \$300,000 was raised for Bethany's Hope Foundation, which funds metachromatic leukodystrophy research.

"We were amazed and thrilled that our audience and our fans supported us the way they have, through the hot, humid heat on Saturday afternoon and the downpours on Friday night," said festival organizer Brad Jones.

Jones started the festival when he saw how the charity was struggling to raise money, and is thrilled with the result. "Here we are nine years later — 10 years after the inception of it — and we've raised over \$1.5 million for Bethany's Hope and we're real proud of it," he said.

The festival has always focused on classic rock and continued that tradition, featuring Slash, the Steve Miller Band

and Boston. One thing changed though: This time, Jones said, Londoners were thirstier.

"They drank a lot more beer and coolers this year," he said, noting alcohol sales at the festival had dropped with the economy in 2008. "I think people are slowly gaining confidence that they're going to have jobs to go to on Monday morning, and for that reason they'll go out and spend \$40 at the bar."

Like many other outdoor concerts, Rock the Park exceeded the city's 90-decibel noise bylaw, meaning organizers will lose their \$500 deposit. Numbers were not available Monday, but Jones said he knew the noise limit had already been broken Thursday.

As for Rock The Park 10, Jones kept mum on details, but hinted a "best of" show, showcasing the best acts from the previous nine festivals, could be in the works.

JULIAN UZIELLI/FOR METRO

Teachers' contracts

School boards told to strike deals

Ontario's Liberal government will use legislation if necessary to make sure the new school year is not delayed by labour problems, Education Minister Laurel Broten vowed Monday.

"We will not allow the start of school year to be delayed or interrupted," Broten said as she admitted the province had given up hope of reaching new contracts with most teachers' unions.

It'll be up to school boards to bargain local agreements based on the one contract the province did manage to secure, with the Ontario English Catholic Teachers Association, she said. That deal allows younger teachers to get raises, but freezes salaries for the majority.

"It is not the practice generally to enter into local bargaining over the summer during August, but my message to them is that we need to see local agreements be put in place during the course of this month," Broten said Monday. THE CANADIAN PRESS

NBL Canada

Fiery logo for new Windsor Express pro basketball team

A new professional basketball franchise in Windsor has settled on a name.

National Basketball League of Canada officials say the team has been christened the Windsor Express.

Its logo is a basketball and a black train with



Windsor Express logo. FACEBOOK.COM

flames shooting out the back.

The league says it will make an announcement Wednesday at the Spirit of Windsor train in Dieppe Park.

Windsor's expansion bid was approved late last month. Some speculate the team will play out of the WFCU Centre but there's no official word yet.

The London Lightning were the inaugural champions of the NBL last season. THE CANADIAN PRESS

Global focus

The Y brings Chilean and Korean youths to London

Londoners are invited to an open house Wednesday at the YMCA's centre branch (382 Waterloo St.) featuring food, music, demonstrations, and chats with visitors from Chile and Korea. The open house runs from 2 p.m. to 4 p.m.

As part of their global focus, YMCA of Western Ontario is hosting children and youth from Chile and Korea for part of the summer. During their visit, the youth ambassadors from Chile and Korea will live at YMCA Camp Queen Elizabeth and take part in YMCA projects and initiatives in London and the surrounding area.

Day trips are planned to give the children a taste of Canadian life, including a pancake breakfast, barbecues, and trips to Niagara Falls, Stratford Festival and the Archaeological Museum.

METRO

1 NEWS



Can goat jumping be the next Olympic sport? Scan the code to watch a pint-sized doe jump as high as her hooves will take her.

Dark Knight shooting suspect slapped with 24 murder raps

Mental state of mind.

Experts say it's not a question of guilt, but whether or not James Holmes is insane

Prosecutors on Monday charged a former neuroscience graduate student with 24 counts of murder and 116 counts of attempted murder in the Colorado theatre rampage that once again opened a national debate over guns. Legal analysts expect the case to be dominated by arguments over his sanity.

James Holmes appeared just as dazed as he did in his first court appearance a week ago, but at one point he exchanged a few words with one of his attorneys. Some victims and family members again watched him in the packed courtroom, and before the hearing some clasped their hands and bowed their heads as if in prayer.

The July 20 attack at a midnight showing of the new Batman movie left 12 people dead and 58 others injured.

Holmes also faces one count of possession of explosives. After his arrest outside the theatre, police said they

Why 24 charges?



James Holmes faces two counts for each victim — murder with deliberation and murder with extreme indifference. Both carry a maximum death penalty upon conviction. A former chief deputy district attorney said a conviction under extreme indifference means that any life sentences would have to be served consecutively, not concurrently.

found his apartment was booby trapped.

On Friday, court papers revealed that Holmes was seeing a psychiatrist at the university. But they did not say how long he was seeing Dr. Lynne Fenton and if it was for a mental illness. An online résumé listed schizophrenia as one of her research interests.

Under Colorado law, defendants are not legally liable for their acts if their minds are so "diseased" that they cannot distinguish between right and wrong.

THE ASSOCIATED PRESS



Victims are helped by an advocate, left, as they arrive for an arraignment for suspected theatre shooter James Holmes in Centennial, Colo., on Monday. Holmes has been charged in the shooting at the Aurora theatre on July 20 that killed 12 people and injured more than 50. ED ANDRIESKI/THE ASSOCIATED PRESS

Distracted walking problem growing step by step



In this July 10 photo, pedestrians cross K Street in downtown Washington. Experts say texting while walking is becoming a major problem.

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS FILE

On city streets, in suburban parking lots and in shopping centres, there is usually someone strolling while talking on a phone, texting with his head down, listening to music, or playing a video game. The problem isn't as widely discussed as distracted driving, but safety experts say the danger is real.

Reports of injuries to distracted walkers treated at hospital emergency rooms have more than quadrupled in the past seven years and are almost certainly under-reported. There has been a spike in pedestrians killed

and injured in traffic accidents, but there is no reliable data on how many were distracted by electronics.

"We are where we were with cellphone use in cars 10 years or so ago. We knew it was a problem, but we didn't have the data," said Jonathan Akins, deputy executive director of the Governors Highway Safety Association, which represents U.S. highway safety offices.

State and local officials are struggling to figure out how to respond, and in some cases asking how far government should go in trying to protect

people from themselves.

In Delaware, highway safety officials opted for a public education campaign, placing decals on crosswalks and sidewalks at busy intersections.

Philadelphia officials are drafting a safety campaign that will be aimed in part at pedestrians who are looking at their devices instead of where they're going. As an April Fool's Day joke with a serious message, city officials also taped off an "e-lane" for distracted pedestrians on a sidewalk outside downtown office buildings.

THE ASSOCIATED PRESS

On the web



Surveillance footage caught a distracted walker in Philadelphia fall on train tracks. Scan the code or visit metronews.ca for the video.

Space exploration

Probe set to land on the Red Planet

The most ambitious and expensive Mars mission yet begins Sunday with the arrival of the smartest rover ever. If it survives the landing, the \$2.5B project will help determine if the planet was once suitable for life. THE ASSOCIATED PRESS

Stay-at-home

Most new moms take leave: Study

Most Canadian mothers took some type of maternity leave following childbirth. Statistics Canada said 90 per cent of children between the ages of one and three had working mothers who temporarily left their jobs. THE CANADIAN PRESS

Dozens injured

Fire on train kills at least 32

A fire swept through a train car packed with sleeping passengers in southern India on Monday, killing at least 32 people and sending survivors rushing for the only clear exit once the train stopped, officials said. THE ASSOCIATED PRESS

Didn't understand forms

Sterilization was coerced: Court

Namibia's government sterilized three women infected with HIV without getting proper consent, a judge ruled Monday. The three women, in their 20s to 40s, all sought care at government hospitals in Namibia. THE ASSOCIATED PRESS

Sweltering in India

Outage affects 3.7M people

A power failure blacked out northern India for hours Monday, halting trains, forcing hospitals onto backup power and giving a dark reminder of the inability to meet energy needs as India strives to be an economic power. THE ASSOCIATED PRESS

Gooey getaway

Thief had sticky fingers

Around 500,000 bees, as much as 3,600 kilograms of honey and 100 hive frames have vanished from a remote property east of Vancouver. Total value of the brazen bee burglary is estimated at \$100,000. THE CANADIAN PRESS

Currency

Penny receives temporary reprieve

The penny, its death sentence originally pronounced in the last federal budget, will no longer be circulated in Canada as of Feb. 4, 2013, Finance Minister Jim Flaherty said Monday.

The Royal Canadian Mint, which stopped producing the

coins in May, was originally expected to start taking the penny out of circulation by this fall. But retailers and other small businesses complained that the transition to a penny-free marketplace would be too much of a burden right before the busy holiday season.

After Feb. 4, cash transactions will be rounded to the nearest five cent increment.

THE CANADIAN PRESS

Online video

Netflix changes privacy policy

Netflix has agreed to change its data retention practices so rental histories of customers who haven't subscribed to the service for at least a year will no longer be identifiable. Netflix notified customers in an email Monday.

THE ASSOCIATED PRESS

Hacking

Two arrested in S. Korean data theft

South Korean police said they arrested two men who allegedly stole the personal details of about 8 million mobile phone subscribers and sold the data to marketing companies in one of the country's biggest hacking schemes.

THE ASSOCIATED PRESS

Media

Black sees potential in newspapers

Conrad Black says he sees investment potential in Canadian newspapers, sparking speculation that he may re-enter the industry. "There is a great premium to be placed on the editorial function and on the goodwill of a famous trademark like a respected



newspaper," Black told The Huffington Post Canada editorial board.

THE CANADIAN PRESS

Apple, Samsung spar over patents

Court case. Jury of 10 will be selected this week before opening statements begin in a trial expected to last more than a month

With billions of dollars and control of the U.S. smartphone and computer tablets markets at stake, jury selection began Monday in a closely watched trial between two of the world's leading tech companies over patents.

Apple filed a lawsuit against Samsung Electronics last year alleging the world's largest technology company's smartphones

Smartphone wars

- The pace of iPhone sales has slowed, Apple revealed last week. Part of the problem is that the competition has thinner phones with big screens.
- Samsung, the number-one maker of smartphones, touts its newest flagship phone, the Galaxy S III, sleek and wafer-thin.

and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

Apple is demanding \$2.5 billion in damages, an award that

would dwarf the largest patent-related verdict to date.

Samsung countered that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

The case is just the latest skirmish between the two companies over product designs. A similar trial began last week, and the two companies have been fighting in courts in the U.K. and Germany.

Industrywide, some 50 lawsuits have been filed by myriad telecommunications companies jockeying for position in the burgeoning \$219-billion market for smartphones and computer tablets.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
99.82¢ US (+0.26¢)

TSX
11,757.88 (-8.48)

OIL
\$89.78 US (-35¢)

GOLD
\$1,619.70 US (+\$1.70)

Natural gas: \$ 3.214 US (+0.1¢)
Dow Jones: 13,073.71 (-2.65)



Speaking up against big oil

Grand Chief Stewart Phillip, of the Union of B.C. Indian Chiefs, arrives for a news conference in Vancouver on Monday, where he voiced his opposition to the Enbridge Northern Gateway pipeline.

DARRYL DYCK/THE CANADIAN PRESS

2012 LCBO BREWMASTERS CUP

IT'S THE FINAL WEEK. WHO WILL GET YOUR VOTE?

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREWMASTERS CUP

**IT'S THE FINAL WEEK.
WHO WILL GET YOUR VOTE?**

Only days remain for voting in the LCBO Brewmasters Cup. As the final two beers are set to lock horns for the coveted championship, the power rests in your hands to ultimately decide who will reign supreme.

Vote now at brewmasterscup.com

LCBO BREW

WHY PUT PRIVATE PAIN IN THE PUBLIC EYE?



SHE SAYS...
Jessica Napier
metronews.ca/shesays

We all make mistakes in our 20s. Luckily, most of us don't have to live out those youthful bad decisions on the front page of People magazine. Kristen Stewart — of red carpet grimacing and Twilight fame — is not as fortunate as us regular folk.

Last week, the 22-year-old starlet was outed in a very public manner for cheating on her long-time boyfriend Robert Pattison with married Snow White and the Huntsman director Rupert Sanders.

Sadly 'Robsten' — perhaps the most overreaching celebrity couple portmanteau of all time — is no more. But while Twihard fan girls are mourning the end of an on-screen vampire romance turned true love, the rest of us are wondering, why on Earth we should care at all?

Oh that's right, because Stewart and her philandering partner released PUBLIC statements of apology, as if we are the ones being directly impacted by this made-in-Hollywood affair.

It seems confusing to me that stars in the spotlight — who usually demand privacy in times of great stress — would validate the role that these gossip magazines play in their personal relationships by issuing apologetic press releases. I think both Stewart and Sanders' statements have everything to do with creating publicity and very little to do with salvaging their respective relationships.

Unfortunately, overt performances of romance gone awry aren't confined to the world of celebrity couples.

I'll confess that I've been there. Following an Earth-shattering teenage breakup, I spent about a month adorning my MSN screen name with sensitive song lyrics by courtesy for my entire pre-Facebook social network to see.

And while these barefaced displays of pubescent melancholy might be forgivable from a 16-year-old, I still see the same sort of emotional exhibitionism from my peers a decade later.

I see it all the time, people baiting friends and followers with attention-seeking updates on their private-life dramas. Do you really find solace in smearing your broken heart all over your Facebook profile? Does tweeting about newly 'single and fabulous' status offer you real emotional validation? Is it really necessary to Instagram a photo of yourself with downcast eyes and a solemn pout with #Breakup attached?

What does it say about us as a society that we not only have a schadenfreude-esque obsession with celebrity couple breakdowns, but that we feel the need to imitate their penchant for over-sharing in our own online worlds?

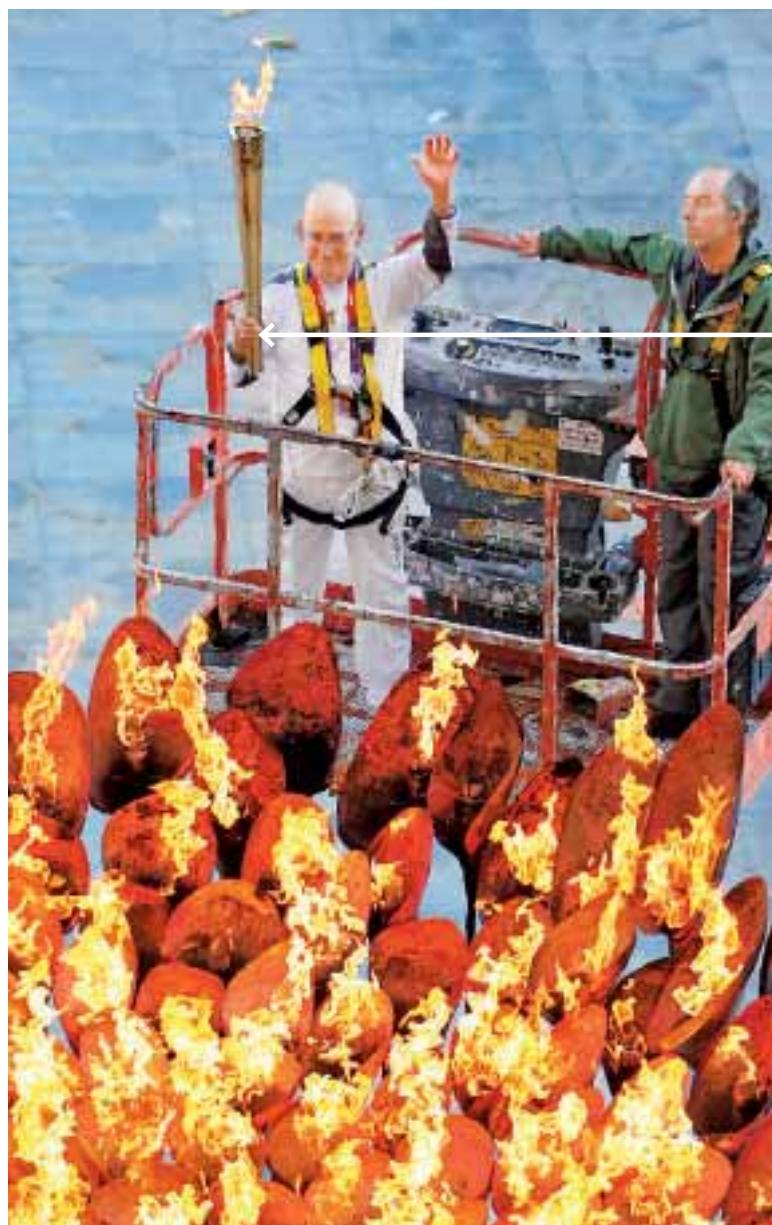
We should probably leave the brazen theatrics to shameless reality stars and teenagers with raging hormonal levels. Remember, not every emotional meltdown warrants a press release, at least not in the 'real' world.

Follow Jessica Napier on Twitter @MetroSheSays



Insiders are claiming Stewart's public apology was career suicide for the Twilight star, the Huffington Post reported. GETTY IMAGES

Where to find the Olympic cauldron



JAE C. HONG/THE ASSOCIATED PRESS

Let the flame begin

Fire returns after being relocated

Austin Playfoot, a torch-bearer from the 1948 Olympics — when the Games were last held in London — and again this year, poses after lighting the cauldron at the Olympic Stadium during the 2012 Summer Olympics on Monday in London. The cauldron was moved from the infield to its resting position at the stadium.

Organizing committee officials said in a statement Monday that the cauldron was shifted from the middle of the stadium's infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

THE ASSOCIATED PRESS

Need a ticket to see

The cauldron will only be visible for those who have tickets to the track and field competition. This has been a cause for concern for spectators with a burning desire to get a photo with it.

Organizer says:



"It was not created to be a tourist attraction."

Sebastian Coe,
head of the London organizing committee, told the media.



Register at metropolitanpanel.ca and take the quick poll

Do you buy organic groceries?



@ServantHeart72:

Looking forward to a month of time with the family, reading, reading, walking, reading and getting ready for new beginnings #TrulyBlessed

@jopnilon:

It makes me feel a lot better about myself when I see Olympic volleyball players miss serves too.

@379collective:

Weekends rule in London in the summer, the park was rocked

and the city shared its pride! Wonder if we can top it all next weekend?

@eShepperd:

Almost seems like it's "cool" to despise the city in which you live. I happen to like #ldnt despite its problems.

@TothNo6:

Stores need to open earlier than 10am here #ldnt

metro



People cheer and wave flags Sunday as the Pride London Festival parade makes its way along Wellington Road near Victoria Park.

ANGELA MULLINS/METRO



Kevin Murphy, 36, of London, struts his stuff with a team from the Regional HIV/AIDS Connection as Sunday's Pride London Festival parade travels along Queens Avenue. ANGELA MULLINS/METRO



Naomi Nadea of London plays to the crowd Sunday as the Pride London Festival parade rounds the corner of Queens Avenue and Wellington Road.

ANGELA MULLINS/METRO



A drag performer poses for a photo while walking along Wellington Road with a group representing Lavish Night Club in Sunday's Pride London Festival parade.

ANGELA MULLINS/METRO



Proudly displaying rainbow colours, a man watches Sunday as the Pride London Festival parade nears downtown on Queens Avenue.

ANGELA MULLINS/METRO



Miss Pride Kristyn Glace, 34, left, and Mr. Pride William Thomas, 46, both of London, pose for a photo Sunday as participants in the Pride London Festival parade prepare to leave the starting line at Western Fair District.

ANGELA MULLINS/METRO



Emily Low, 28, right, paints a pride flag on Linda Hernandez's cheek Sunday as participants line up for the Pride London Festival parade. ANGELA MULLINS/METRO



Nicole Nussbaum, 37, left, and Greta Bauer, 43, both of London, walk hand-in-hand along Queens Avenue during Sunday's Pride London Festival parade. ANGELA MULLINS/METRO

**Le Havre****Director.** Aki Kaurismaki**Stars.** André Wilms, Blöndin Miguel, Jean-Pierre Darroussin

•••••

Le Havre is an exceeding droll comedy from Finnish master Aki Kaurismäki, whose dark worldview is balanced by a deep empathy for his blue-collar characters. Charming in its retro manners, cares and colours — while at the same time contemporary in its grasp of immigration and poverty issues — the film is set in the French port city of the title, a place where goods and people are constantly shifting. André Wilms stars as wily old shoeshiner Marcel, who dodges cops and creditors as he cheerily dispenses polish and eccentric home-spun philosophy out of the main railway station. Marcel's bonhomie is put to the test by a big event: a group of African stowaways, illegal immigrants all, have been discovered inside a container on the Le Havre dock. One of them, a young pre-teen named Idrissa (Blöndin Miguel), manages to evade police and port authorities, and he's now being sought. Will Marcel squeal or assist? As good as the cast is, it's the deceptively passive Miguel who anchors the film.

PETER HOWELL**I'm Yours****Director.** Leonard Farlinger**Stars.** Rossif Sutherland, Karine Vanasse, Don McKellar

•••••

There aren't a whole lot of road romances where North Bay is the destination, and after this there aren't likely to be many more. A miscast and mismatched Rossif Sutherland and Karine Vanasse stretch credibility at every quirky-filled turn as they follow a bag of loot and chase family problems on the long trek from New York to Ontario's "Gateway to the North." Sutherland plays a Wall Street disillusioned upon turning 30. Vanasse plays the bar hook-up who becomes the reason for the road trip. The eye-rolling script is the main problem.

PETER HOWELL**On the web**

NY's graffiti artists of the 1970s and 80s, now in their 40s and 50s, still have urge to tag

DVD reviews

If it ain't broke don't fix it, says No.1 CBS

Television Critics

Association press tour. Network head touts first-place success, talks new and returning shows

AMBER**RAY**

Metro World News in New York

As head of the top-rated broadcast network, Nina Tassler, President of CBS Entertainment, didn't have many announcements to make when addressing journalists at the Television Critics Association press tour in Beverly Hills, Calif., other than one clear message: The network is on top, and plans to stay there.

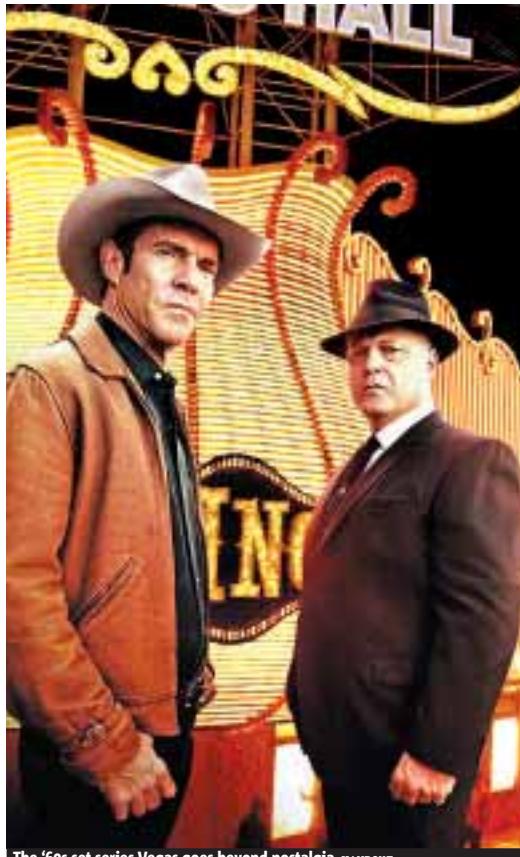
"We're No. 1 in viewers. We're No. 1 in upfront revenue. We're No. 1 in Emmy nominations," Tassler said. "Good performance, good business, and outstanding quality on the screen. I'm really proud of the environment we've created for launching and sustaining hit shows, from development, to scheduling, to marketing, to current programming," she added.

In a "not broke, not gonna fix it" move, the CBS slate this fall includes just four new series: Elementary, a modern take on Sherlock Holmes; Vegas, about the politics and crime that shaped the Strip in the 1960s; Made in Jersey, a crime procedural following a Jersey girl working her way up at a high-end Manhattan law firm; and the buddy comedy Partners.

Regarding the pickup of Elementary at a time when there are many other versions of Sherlock Holmes on the pop culture scene (the BBC series Sherlock and the Sherlock Holmes movie franchise included), Tassler said, "when you have an opportunity to build a show around one of the greatest detectives in all of literature, you're going to jump at that opportunity."

She called the BBC series, which airs on PBS in the States, "extraordinary," and is confident "there's plenty of room for another Holmes in our world."

When questioned about Vegas and the recent failure of other period dramas on broadcast networks (The Playboy Club, Pan Am) Tassler insisted her '60s-set series goes beyond a nostalgia factor. It is foremost about the fascinating character of real-life Sher-



The '60s set series Vegas goes beyond nostalgia. HANDOUT



CBS is betting audiences aren't tired of Sherlock Holmes with the new Holmes-inspired show Elementary. HANDOUT

iff Ralph Lamb, who fought to bring order to the mob-run casino scene, she said.

"The fact that it was set in the '60s certainly informed the show, but it's not about the '60s, per se," Tassler said. "It's about these two forces that were battling for the heart and soul of Las Vegas at a very key moment in the his-

tory of the city."

Most questions posed to the CBS exec, however, involved returning series.

On football games running late and pushing back the start time of scripted series such as The Good Wife:

"One of the things we've done going into this season, we're

How I Met Your Mother**Neil Patrick Harris**

HANDOUT

Comedy. One of the biggest questions posed to Tassler was about renewing How I Met Your Mother and allowing the creators to tell the entire story. Here's what she had to say: "Well, they had an incredible year last year. We've got a great relationship with (creators) Craig (Thomas) and Carter (Bays), and certainly they have a very strategic wrap-up to the show. They know we want the show to come back next year. We are having conversations right now about extending it. We want the show to come back next year."

developing new SMS texting technology to make sure our audience knows that the show is going to be delayed. Between texting, between online notification, between Facebook technology, I mean, literally, we do everything possible, and will continue to do everything, to make sure that the audience knows that the show will be on later as a result of (football)."

On cancelling CSI: Miami ...

"Saying goodbye to a CSI this year was — it was a very big deal. That show has been extraordinarily successful for us. So it was a difficult decision. What we looked at — it was a jump ball. What we looked at was Friday night versus Sunday night. We looked at the flow on Friday night for New York versus Miami. So it was a very tough choice. But as I said, it was really a jump ball and just had to do with the schedule."

... And changes to CSI: New York:

"We've added Natalie Martinez to the cast. The show has, as I said, a lot more humour and a lot more New York, fun, event-type stories."

Bibfest

TOP TEN
RIB TEAMS
50 RESTAURANTS

BIG RIDES
\$5 DRINKS
250 BOOTHES

5 STAGES
75 BANDS
FIVE DAYS

VICTORIA PARK
AUGUST 2-6

26th Annual

Bibfest

**TOP TEN
RIB TEAMS**

60 RESTAURANTS

250 EXHIBITS

**5 STAGES
75 BANDS**

FIVE DAYS

VICTORIA PARK - DOWNTOWN LONDON

FREE ADMISSION

BANDSHELL BEER GARDEN ! The New Western Saloon

Style Bar On the Ice Pad

WINE, COOLERS, DRAUGHT BEER

\$5 DRINKS - 2 BEER GARDENS

AMUSEMENT RIDES

Parents Ride Free **\$15**
With Kids Wristband

AUGUST 2-6

canadasbiggestparty.com



Kristen Bell ALL PHOTOS GETTY

Bell and her beau have a workplace romance

For Kristen Bell, teaming up again with fiancé Dax Shepard for their new movie, *Hit & Run*, was something of a no-brainer. "We realized we're severely co-dependent," Bell tells Us Weekly. "It's not just like you're caught in the house with your significant other for six weeks and you're both doing different things and feel like you're in each other's way. We actually had the same goal and we really, really, really wanted the best for the script Dax had written. Because we had the same mutual goal, it felt shared." So how did she get

Labour of love

"On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin"

Kristen Bell

the part in Shepard's film, exactly?

"On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin," she jokes.



Topher Grace

Sophia Bush says 70s star is just a buddy

Sophia Bush was spotted grabbing coffee with Topher Grace in West Hollywood last week, but the newly single actress wants to make it clear that the two are not dating, she tells Us Weekly. "Topher has been one of my dearest friends for six years," says Bush, who's starring in *Partners*, a new TV comedy this fall.

"We have coffee all the time and he is actually a great sounding board for me with sort of how to be prepared with all things sitcom," Bush recently split from her boyfriend of six years — and *One Tree Hill* costar — Austin Nichols. She'd previously been married to another of the show's stars, Chad Michael Murray.

Colin Farrell has been behaving himself for years now, doing just enough films to stay relevant while plugging just enough charities to seem rich and enlightened.

But while we may forget his rehab-and-sex-tape days, Farrell is surprised his career survived them. "I had burned so many bridges in the film industry

try that I couldn't get a f—king meeting," the actor tells Men's Health.

You can catch him this weekend in the remake of *Total Recall*, a role he was able to land thanks to his fairly healthy new lifestyle.

"I don't put the same level of energy into healthy living as I did into unhealthy living, but I eat really well, drink loads of green tea and take a s—t load of vitamins," he tells the magazine. "It's so f—king boring. Life has mutated to take on this sweet simplicity that I am really f—king OK with."

Colin, if you want in on our Pier 1-Target double-header this weekend, say the word.

Farrell living the simple, boring life

THE WORD

Monica Weymouth
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kristen Stewart and Robert Pattinson



Reality bites: Twilight stars will have to reunite

In the wake of Kristen Stewart's apology for cheating on Robert Pattinson, the *Twilight* co-stars are reportedly not speaking to each other, according to People magazine. Sources say both parties have left the L.A. home they share and are living elsewhere separately. "I'm not sure they'll be able to recover from this,"

a source tells the magazine, adding that Pattinson "is heartbroken and angry." They'll have to face each other soon enough, though, as they're set to be co-presenters at MTV's Video Music Awards on Sept. 6, just as promotional duties begin in earnest for the final *Twilight* film, out in November.

Brand backs up fellow funnymen

Comedians Dane Cook and Daniel Tosh have drawn fire this month for jokes about rape and the recent Colorado movie theater shooting, respectively. But who is the one person they didn't offend? Russell Brand. "I don't know about what Dane Cook or Daniel Tosh said, but I know that they are comedians, and I know they're nice human beings, so I don't imagine that they had any intention other than to elicit laughter from their fellow human beings, as is their job," Brand told reporters at the TCA panel for *Brand X*, his cable series. "I



@MissKellyO

its really bothering me most US #OlympicReporters make a mockery the way ppl from my country talk/ our cultures we would never do that to you



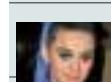
@kirstiealley

we seriously need to wear false eyelashes.. watching Ghost Whisperer marathon... 1st season no lashes.. last seasons big lashes.. Night & day



@kathygriffin

Can Mariah Carey PLEASE judge from her bubble bathtub every wk on American Idol? WITH a tiara on?



@katyperry

SO HAPPY TO BE BACK IN BRAZIL!

Taking the guesswork out of emergency room wait times

Technology. Hospitals across Canada are using tools to help patients make informed decisions about making the trip

CELIA
MILNE
life@metronews.ca

How long will I have to wait in the Emergency? The answer to that question may soon be at your fingertips.

One hospital in Ontario and several in Alberta now have websites that tell patients how long they'll wait for emergency care.

"Patients and families appreciate knowing in advance how long they'll have to wait to see a physician or nurse practitioner," says Don Shilton, president of St. Mary's General Hospital in Kitchener, the first Ontario hospital with the tool.

"This helps them plan their lives...whether to arrange child care or bring a book."

All hospitals across the country use a triage system to dictate which patients get seen first.

Those with a life-threatening illness or injury, such as a heart attack or major trauma from a car accident, will always get priority.

Those with less-urgent



Take the guess work out of wait times. GETTY IMAGES

Quote
"If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

Don Shilton
President of St. Mary's General Hospital

Best Health

No excuse to avoid getting outdoors



**BEST HEALTH
MINUTE**
Bonnie Munday
Editor-in-chief
Best Health Magazine

Have you passed up invitations to go car camping because you're afraid of roughing it? Best Health magazine is on a mission to convert you because the truth is, aside from the fact that spending time outdoors is proven to be

good for your health, camping these days is so much more comfortable than you may think.

Excuse #1.

"I can't sleep on the ground or in a bag." Don't sleep on the ground; buy an air mattress (a wide one). Place an open sleeping bag on top. Then, use your home bedding. It's super cozy.

Excuse #2.

"I can't stand the idea of using an outhouse." They are horrible, but it's tough these days to find a provincial park



Get back to nature. GETTY IMAGES

that doesn't have proper bathrooms.

Excuse #3.

"I don't want to eat dehydrated food and instant soup for days." Okay, so how about steak or chicken, baked

says Shilton. "If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

He hopes other hospitals adopt the tool, so that patients can explore alternatives online.

The next step is developing a smart phone App that helps you find the closest emergency department, provide directions on how to get there and show how long you'll wait once you get there.

"I can see this being very

helpful if you were in a different city or part of the province," says Shilton.

Hospitals in Edmonton and Calgary are using a similar tool, according to Healthdebate.ca, an online health care magazine based at St. Michael's Hospital in Toronto.

Thoughts on...

Being good enough

We often come into contact with the idea that our best isn't good enough, as if this were actually possible.

If you examine this notion, you will begin to see that it doesn't make much sense. Your best is always good enough, because it comes from you, and you are always good enough.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

3
E
E
T



Is keeping life-threatening illness a secret doable in our share-all world?

Your fave Japanese appetizer finds its way into tasty salad



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Edamame is all the rage today. These soy beans are a great source of protein, an excellent source of fibre and loaded with vitamins and minerals. You can eat them on their own or toss them into a salad.

1. Boil edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water.

Ingredients

Salad

- 3 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- 1/2 diced water chestnuts
- 1/2 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately 5 minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. For dressing: Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Dressing

- 2 tbsp soy sauce
- 1 1/2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish

- 1 tsp toasted sesame seeds

Health Solutions

Best bet beans



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

highest in many nutrients. Find it in canned form in Asian or health food stores. If you can't find it, navy beans come close. Add them to pastas and soups.

Easiest Bean: Lentil Hummus

Two tablespoons of this spread will do. Any hummus works but lentils are higher in fibre, folacin and iron. Baby carrots, anyone?

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



Healthy Carb Pasta Salad. Shirataki noodles star in fresh side dish



1. Line rimmed baking sheet with a clean kitchen towel.

2. In bowl, whisk yogurt, sour cream, Worcestershire sauce,

Ingredients

- 1/2 cup each plain fat-free Greek yogurt and low-fat sour cream
- 1 tsp Worcestershire sauce
- 1/2 each tsp garlic powder, hot sauce, kosher salt
- Three 8-oz packages shirataki noodles
- 1/2 cup frozen peas
- 2 ears corn, husks removed
- 1 red bell pepper, cored and diced
- 1 small red onion, diced
- 1 pint cherry tomatoes, halved
- Ground black pepper

garlic powder, hot sauce, salt.

3. Drain noodles; place them in saucepan. Add enough water to cover by 1 inch, then bring to a boil over high heat. Boil 2 minutes. Add peas and return water to simmer, then drain and spread noodles and peas in an even layer on the prepared baking sheet. Transfer to freezer to cool and dry 10 minutes.

4. Cut kernels from ears of corn. To do so, one at a time stand each ear on wide end and use serrated knife to saw down the length of cob. Add kernels to yogurt-sour cream mix in bowl and mix well. Mix in bell peppers, onion and tomatoes.

5. Once noodles and peas have cooled, add to bowl and gently mix. Adjust seasoning with salt and pepper. **THE ASSOCIATED PRESS**

Combine bold flavours of corn, crab & pickled shallots

Ingredients

- 4 ears white sweet corn, husks removed
- Zest and juice of 1 lemon
- 1 tbsp Champagne vinegar
- 1 clove garlic, grated
- 5 tbsp olive oil
- 1/2 lb jumbo lump crabmeat
- Handful cherry tomatoes, halved
- 1 English cucumber, skin on, halved lengthwise and sliced into half-moons
- 1/4 cup pickled shallots (recipe follows)
- 1 avocado, peeled, pitted and diced
- Salt and black pepper
- Aleppo pepper
- Handful fresh basil leaves, torn into large pieces
- Leaves from 1 branch fresh tarragon, torn

Pickled Shallots

- 1 cup cider vinegar
- 1/2 cup water
- 2 tbsp sugar
- 1/2 each tbsp mustard seeds, black peppercorns, coriander seed, fennel seed, guindilla pepper
- 1 sprig fresh thyme
- 1/2 sprig fresh dill
- 1 clove garlic
- 3 shallots

1. Bring pot of salt water to a boil. Add the corn and blanch for 2 minutes. Remove the corn from the water and set aside until cool enough to handle.

2. Once the corn can be handled, cut the kernels off the cobs. To do this, stand each ear on its wide end and saw down the length of the cob with a serrated knife. Turn and repeat until all of the kernels are removed. Set aside.

3. In a large serving bowl, combine the lemon zest and juice, the vinegar and garlic. Mix well, then whisk in the olive oil. Fold in the corn kernels, crabmeat, tomatoes, cucumber, pickled shallots and avocado, being careful as you mix so as not to mash the ingredients.

4. Season with salt, black pepper and Aleppo pepper, then garnish with fresh basil and tarragon.

5. Pickled Shallots: To make the pickling liquid, in a medium saucepan over high heat, combine the vinegar, water, sugar, mustard seeds, peppercorns, coriander, fennel, guindilla pepper, thyme, dill and garlic. Bring to a boil, then



This recipe serves four. MATTHEW MEAD / THE ASSOCIATED PRESS

reduce the heat and simmer for 20 minutes. You should have about 1 cup of liquid. Strain out and discard the solids. Use a mandoline to slice the shallots paper-thin. Add the shallots to the pickling liquid and simmer

for 2 minutes. Remove the pan from the heat and let steep for 10 minutes. Can be used immediately or refrigerated, covered, up to a week. **THE ASSOCIATED PRESS / FROM SEAMUS MULLEN'S HERO FOOD (ANDREWS MCMEEL, 2012)**



Most men like fire. Because of that, most like barbecuing as well. iSTOCK

The battles of the grill

Dialogue. Excerpt from *Shut Up and Eat!* takes humourous look at a conversation that many couples could have this summer

KATHY BUCKWORTH
life@metronews.ca

One of the great things about barbecuing is that it is normally relatively easy to suck the man of the house into actually cooking. Something to do with an open flame and the inherent explosive danger proves irresistible to these gullible fellows.

Of course, the big downside is because they have spent a good 20 minutes searing a steak, they expect to get the credit for the entire meal, which, by the way, consists of salad, potatoes, fruit and dessert, all of which has taken you about two hours to complete.

Personally, I try to find additional things for my husband to do while in the backyard manning the grill — in-

cluding garbage clean up, putting the hose away, back-washing the pool, installing some fencing.... Be creative and see how far it takes you.

Also, be prepared for the following conversation:

Him: OK, honey, so I'll take care of dinner tonight. I picked up some steaks.

Me: Great. So what are we having with them?

Him: Potatoes and corn.

Me: You have that?

Him: We always have potatoes and corn in the house. (Sadly, we do.)

Me: OK, whatever.

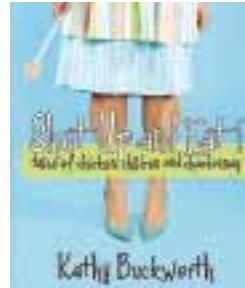
Him: Right then, I'm starting up the barbecue.

Me: Yeah, listen, I only need about an hour to get the other stuff ready. You might want to wait.

Him: (Gone outside.)

Me: *%^&*ng idiot.

Him: I'm ready for those



the potato peeler to whittle a stick last week. Oh, yeah. The corn is still hard and we've only found four forks.

Him: (Gone. The sound of a beer cap twisting can be heard from the deck.)

Me: ^&\$^#*ng idiot. Ouch. Crap. Damn.

Him: And we're ready. Kids, dinner!

Me: What the hell are you doing? The potatoes are half raw, the water for the corn hasn't boiled yet and I'm still on hold with Telehealth to see about this red line that's travelling up my arm from the cut on my finger.

Him: Mmmmm. Now that's a steak. Your Dad knows how to cook, eh guys?

EXCERPTED FROM KATHY BUCKWORTH'S *SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN & CHARDONNAY*, KEY PORTER BOOKS, 2010, AVAILABLE IN PAPERBACK OR KOBO. VISIT KATHYBUCKWORTH.COM; FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH. KATHY'S NEW BOOK, *I AM SO THE BOSS OF YOU WILL BE RELEASED BY RANDOM HOUSE IN SPRING, 2013.*

Rude surprise: French fed up with their own incivility

It's a July evening on the terrace of the legendary Cafe Flore. A coiffed woman sips chilled wine, another savours her chocolate eclair.

The one thing to complete a perfect picture of Parisian life? A dash of French rudeness. It comes from the waiter, who snootily turns away a group of tourists: "There's no point waiting," he shrugs, even though there are many empty tables. "No space outside."

Such rituals of rudeness have long been accepted by visitors as part of the price of enjoying such a beautiful city as Paris. But it seems the French themselves, who over centuries have turned rudeness into an art form, have become fed up with their own incivility, according to recent polls and publicity campaigns.

There's a fabled history of French rudeness from Napoleon, who called the English

a "nation of shopkeepers," to former President Nicolas Sarkozy, who infamously snarled at a voter: "Get lost, poor jerk."

Now, bad manners and aggressive behaviour top the list of causes of stress for the French, even higher than unemployment or the debt crisis, says pollster IPSOS.

A total of 60 per cent cited rudeness as their number one source of stress in a survey last year on

social trends.

"We're so rude," admits 34-year-old French teacher Stephane Gomez, as he comes out of a Paris metro station. "France lacks the civic sense that you find in Anglo-Saxon countries."

"It's so easy to be polite, but we don't do it," says 30-year-old Zahia Sebahi. "I never see someone give up their seat for an elderly person."

THE ASSOCIATED PRESS

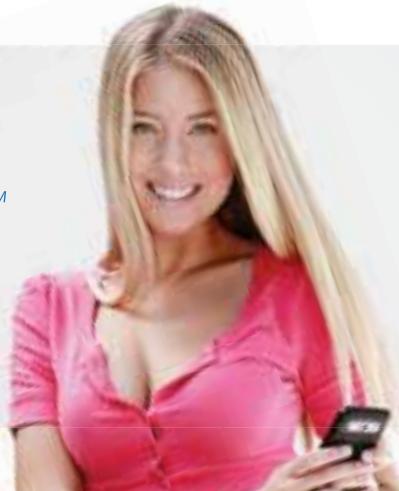


Polling trends show that impoliteness is now topping lists on causes of stress for the French. THIBAULT CAMUS/THE ASSOCIATED PRESS

QuestChat™
feel the rush

\$25/50min 1.900.677.4444 | Dial #CHAT (#2428) .79/min*
Text "QUEST" to 96669 \$5/10min Free trial not applicable on #CHAT

questchat.com



TRY IT FREE*
519.439.4444

Other Cities 1.888.482.8282

*18+ RESTRICTIONS APPLY

Register today
before 4 P.M. at

METRO AUCTIONS.ca

for a chance to

WIN

A 42" TV

AND A

DIGITAL SURROUND SYSTEM



Thousands
of \$\$\$ in online
auction items starting
September 7, 2012!



It's called asset allocation. Divide your money between stocks, bonds and cash. ISTOCK IMAGES

100% invested in the stock market? Spread some of that cash out

Alison's money rule.

Timing the stock exchange to perfection is probably as difficult as winning the lottery



YOUR MONEY
Alison Griffiths
money@metronews.ca

A couple of days ago I got the kind of email I hate the most. If it had been snail mail I would have seen tear drops on the paper.

It was from a distraught woman in her mid-40s who was taking a beating in the stock market. Her portfolio had been 100 per cent invested in stocks (through mutual funds) and she flip-flopped back and forth between the US and Canadian market — losing both ways.

Now she's pulled all her money out of the market, paid deferred sales charge

fees on her mutual funds, and is sitting on the sidelines waiting for the right moment to get back in. Essentially she is doubling down on a bad bet and she's almost certain to lose again.

I'd have no quarrel if she can't stomach the turmoil of the stock market. But if so she should put her money in GICs or a savings account. She won't make much money but she won't lose any either.

The simple fact is that the average investor cannot time the market and very few professionals can manage the trick either.

So what can you do? It's called asset allocation.

The task is to divide your money among equities (stocks), bonds and cash. Historically the equities provide growth over time. Bonds provide ballast because they churn out interest when the stock market goes down. Cash is for emergencies and it also will provide some interest income.

In numbers

9 per cent

The average annual return of investment grade corporate bonds over 20 years with interest re-invested.

A sample asset allocation might be 50 per cent equities, 40 per cent bonds and 10 per cent cash. The equities could be divided 25 per cent U.S. and 75 per cent Canada. Pick an allocation that works for you, your risk tolerance and your situation.

The next step is critical. Use new contributions or dividend and interest income to maintain your allocation. This is called rebalancing and it's the key to lowering risk and increasing return.

Unless you have an accurate crystal ball, correctly timing the stock market is less likely than winning the lottery.

Horse racing

Queen's Plate winning horse done for year

Strait of Dover's season is over.

The Queen's Plate winner has been shut down for the remainder of the 2012 thoroughbred campaign because of a ligament ailment.

Trainer Dan Vella figures the prized three-year-old was injured just over a week ago during a training session in preparation for the \$500,000 Breeders' Stakes, slated for Sunday at Woodbine Racetrack.

THE CANADIAN PRESS

NHL

Leafs add depth with 4 signings

The Maple Leafs ensured themselves of some depth in their system by signing four players on Monday.

Defenceman Mark Fraser got a two-way, one-year contract while forwards Mike Zigomanis, Will Acton and defenceman Dylan Yeo signed one-year, AHL deals with the Marlies.

TORSTAR NEWS SERVICE



Mike Zigomanis led the Marlies in scoring last season. TORSTAR NEWS SERVICE/THE CANADIAN PRESS

NBA

Raptors re-sign Alan Anderson

The Toronto Raptors re-signed free-agent forward Alan Anderson on Monday.

Anderson was signed to a 10-day contract by the Raptors on March 26 and then for the remainder of the season April 16, averaging 9.6 points, two rebounds and 27.1 minutes in 17 games with Toronto.

THE CANADIAN PRESS



Adam Lind GETTY IMAGES FILE

Jays' injury woes reminiscent of '94, says legend Ward

Baseball camp. Jays alumni Jesse Barfield, Mookie Wilson, Frank Catalanotto and Duane Ward are in town for three days to teach fundamentals to more than 100 local kids



JOHN MATISZ

john.matisz@metronews.ca

For ex-Bluebird Duane Ward, the Toronto Blue Jays 2012 season is bringing back all the wrong memories.

"When you're fighting a man with one arm tied behind your back, it's kind of unfair," the 48-year-old said of the club's year-long battle with the injury bug.

In 1994, Ward — who played all but 10 games of his 462-game Major League Baseball career in a Toronto uniform — sat out the entire lockout-shortened season due to bicep tendinitis. The relief pitcher retired shortly after, playing only four more games.

Now playing the part of a full-time instructor for a Jays-themed summer baseball camp, the Park View, N.M., native says he feels the current squad's pain.

"I think once a rash of injuries hit it's like, 'How do I stop it? Because it just starts snowballing,'" Ward said, referring specifically to Brandon Morrow's June 11 oblique strain. "Look at them right now, they've been hampered for a couple of months, but still only three games out of the extended wild card."

Canadian baseball fans have been starved for a taste of the post-season for 19 consecutive years. Ward's career peaked during the franchise's



Alumnus turned instructor Jesse Barfield, 52, offers advice to Brett Sproule, 13, of Chatham, during Day 1 of the 2012 Toronto Blue Jays Summer Camp's three-day stop at London's Centrefield Sports training centre (25 Midpark Cres.).

JOHN MATISZ/METRO



Duane Ward in London on Monday.

JOHN MATISZ/METRO

back-to-back World Series titles, recording a 1.95 earned-run average in 1992 and saving 45 games the following campaign.

A recent injection of youthful talent, a determined group of managers, and an enviable farm system has most pundits believing the Jays are on

The fundamentals

What rubbed off on the camp participants after Day 1?

- "I learned how to hit properly and I learned how to pitch better, catch a fly ball." — Noah Price, 11, Mitchell Astros
- "I learned that when you're baserunning, you
- can stop when you're rounding the bag." — Caleb Clark, 8, Orillia Padres
- "They pretty much teach you everything. I liked how there were all these stations, not just one." — Brandon Day, 10, Orillia Blue Jays

the upswing for the first time since the early 1990s. Yet, heading into August, they're still hovering around the .500 mark.

"The guys in the front office — president Paul Beeston, vice-president Stephen Brooks, general manager Alex Anthopoulos — they're trying to do everything they can to help this team win and get

back into the playoffs," Ward said.

The Jays brass, whether concentrated on a potential playoff berth or already planning for next year, is undoubtedly holding its collective breath right now, Ward says.

"I promise you," he said, "everybody in the organization is going, 'What's going to happen next?'"

4 SPORTS

Mobile sports



Brett Favre's post-NFL career is underway and it's decidedly low key compared to what the former star quarterback is used to.

In his first season as offensive co-ordinator at 1,500-student Oak Grove High School in Mississippi, Favre says the team's "biggest learning curve as a team might be my learning curve." Scan the code for the story.

TOPLESS TUESDAYS
Hot, Topless and Airbrushed
airbrushed by Two Kiegs Design,
7 pm - close.
\$2.75
Bottled Beers & Mixed Drinks
5 PM TUE & WED
EVERYDAY
Beer Bar
GENTLEMEN'S CLUB
624 York St. London 519-672-3430 beerbaronline.com

The Toronto Blue Jays placed first baseman/designated hitter Adam Lind on the 15-day disabled list Monday with a mid-back strain.

The move is retroactive to last Thursday.

Lind, 29, has appeared in 24 games for the Blue Jays since being recalled from triple-A Las Vegas last

month, posting a .288 average with five home runs and 16 RBIs.

In 58 games overall, the Muncie, Ind., native is batting .227 with eight home runs and 27 RBIs.

The Jays have recalled first baseman David Cooper from Las Vegas for the second time this season.

THE CANADIAN PRESS

Games in pictures



1 Rowing. Men's eight fight their way to spot in repechage final

The men's rowing eight bounced back from a poor heat to finish second in its repechage and advance to the final. The men's four moved on to the semifinal.

THE CANADIAN PRESS

2 Swimming. Canuck women prove quick learners in pool

Canadian swimmers Barbara Jardin and Samantha Cheverton, pictured, made impressive Olympic debuts Monday as they qualified for the semifinals in the women's 200 freestyle at the London Games. THE CANADIAN PRESS

3 Beach volleyball. Canada spiked by Norway in Game 2

The Canadian men's beach volleyball team of Josh Binstock from Richmond Hill, Ont., and Martin Reader of Comox Valley, B.C., lost to Norway to fall to 1-1.

THE CANADIAN PRESS

4 Equestrian. B.C. rider Bennett-Awad thrown from horse

Canadian rider Hawley Bennett-Awad was thrown from her horse and taken to hospital during the cross-country portion of Olympic equestrian eventing on Monday.

The 35-year-old from Murrayville, B.C., fell from her horse, Gin & Juice, and was taken to the Royal London Hospital for further examination, according to a team spokesperson. THE CANADIAN PRESS

Canadians sidestep Round 1 obstacles

Tennis. Ontario's Raonic and Quebec's Wozniak dominate opening matches in London

It didn't take long for Canada's Milos Raonic to show his opponent what to expect in their first-round men's singles match at the London Games.

Raonic opened the match by firing an ace that hit the back fence in a heartbeat and left Tatsuma Ito completely flat-footed. The Japanese player never found an answer for the Canadian's booming serve, with Raonic posting a comfortable 6-3, 6-4 victory at the All England Club.

"I'm fortunate enough to play with a big enough game that most of my results are going to depend on me," Raonic said. "I feel like if I step it up, I will have an opportunity to win."

Raonic used ground strokes and mixed in some deft cut shots to prevent Ito from finding his rhythm. The Thornhill, Ont., native picked up an early break for a 3-1 lead and was never threatened the rest of the way.

"It was a perfect match to get into the tournament," said Canadian coach Martin Laurendeau. "He could work on his game and his patterns and make sure everything is nice and clean and he was able to do that convincingly."

Aleksandra Wozniak of Blainville, Que., also posted a straight-set victory in her opening women's singles match. She defeated Marina Erakovic of New Zealand 6-2, 6-1.

"It's my first Olympics and it's so different than any Grand Slam or any WTA tournament," Wozniak said. "Tennis is such an individual sport, but (here) it's like you play for your own country. So the first victory for sure, it's for Canada."

THE CANADIAN PRESS



Milos Raonic serves at Wimbledon on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Competition rising

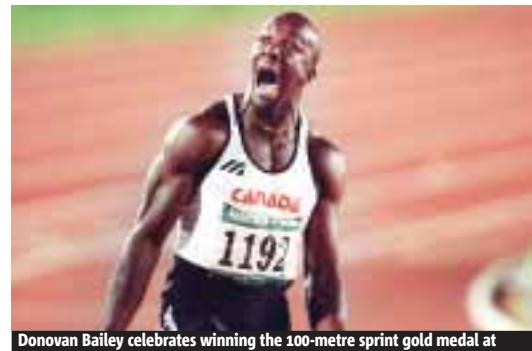
The draw gets a lot tougher now for the No. 25-ranked Raonic, with a second-round match against world No. 6 Jo-Wilfried Tsonga of France on tap for Tuesday.

- Wozniak also faces a huge challenge in Round 2 where she will meet Venus Williams.



Aleksandra Wozniak returns a shot at Wimbledon Monday. RYAN REMIORZ/THE CANADIAN PRESS

Social media. Bailey lets Olympic spirit shine on Twitter



Donovan Bailey celebrates winning the 100-metre sprint gold medal at the 1996 Atlanta Games. LUTZ BONGARTS/BONGARTS/GETTY IMAGES FILE

Donovan Bailey might be 16 years removed from Olympic glory, but that doesn't mean the former sprinter isn't paying attention to next generation of Canadian athletes.

The double gold medallist at the Atlanta Olympics sent out a message on his Twitter feed Monday to Canada's competitors at the London Games.

"Don't let small minds convince you that your dreams are too big! Go Canada let's dominate!" tweeted Bailey, who set a then-world record time of 9.84 seconds

in the men's 100-metre final in Atlanta.

Bailey, who was also part of Canada's gold-medal winning 4x100-metre men's team in 1996, added some encouraging words for tennis player Milos Raonic before his first-round match at the Games.

"Good luck to @milosraonic today in his first match at the Olympics!" Bailey wrote, before later congratulating No. 25-ranked player in the world's on his straight-sets win.

THE CANADIAN PRESS

Agnel stealing spotlight in pool

Swimming. Big Frenchman cruises to second gold medal in 200-metre free event

Yannick Agnel is turning into a giant-beater. Actually, he is a giant.

At six-foot-five, the Frenchman has used his extra-long frame to dominate on consecutive nights in the Olympic pool.

First came his come-from-behind anchor leg to push ahead of Ryan Lochte and the Americans in the 4x100 free-style relay on Sunday. Then on Monday, Agnel routed a stellar field by nearly two seconds to win the 200 free individual event.

Agnel led from start to finish and clocked one minute, 43.14 seconds for the best time ever in a textile suit, a whooping 0.72 ahead of Michael Phelps' 2007 mark.



Yannick Agnel with his gold medal on Monday. THE ASSOCIATED PRESS

Defending silver medallist Park Tae-hwan of South Korea and 400 free champion Sun Yang of China shared silver in 1:44.93, while world champion Lochte finished fourth and world-record holder Paul Biedermann of Germany was fifth.

With so many standouts,

and despite Phelps' decision not to enter, the event was dubbed the "Race of the Century."

"I had to look twice at the scoreboard to be sure it was the right time. I had a race plan in my head, but this is above my expectations and hopes," Agnel said. "I worked on keeping my speed and putting all my guts into the last 50. I don't know what to say — it worked."

Camille Muffat gave France another gold in the women's 400 free on Sunday and France stands second to the United States in the swimming medals table.

France had never won more than one gold in the pool at an Olympics, and had a total of three golds before these games: Jean Boiteux won the 400 free at the 1952 Helsinki Games, Laure Manaudou won the 400 free at the 2004 Athens Games and Alain Bernard took the 100 free four years ago in Beijing. THE ASSOCIATED PRESS



China's gymnastic dominance continues

Chinese gymnast Chen Yibing performs on the rings during the gymnastic men's team final on Monday. The Chinese won their second straight Olympic title and third in four games. China's score of 275.997 points was more than four points better than Japan. Britain initially was announced as the silver medallist, setting off raucous celebrations at the O2 Arena, Princes William and Harry included. But Japan questioned the score of three-time world champion Kohei Uchimura on pommel horse, the very last routine. Instead of 13.466, he scored 14.166 — enough to move Japan from fourth to second with a total of 271.952. Britain was bumped down to bronze, while Ukraine dropped to fourth.

JULIE JACOBSON/THE ASSOCIATED PRESS

Tuesday's must-see 3



Women's team gymnastics

The Canadian women's team will compete in Tuesday's team final, with Brittany Rogers of Coquitlam, B.C., and Elizabeth Black of Halifax, pictured, earning berths in the vault final.

Time: 11:30 a.m.
Channel: CTV



Women's soccer

The Canadians face a tough test against Sweden, bronze medalists at last summer's World Cup. A win ensures the Canadians a spot in the quarter-finals.

Time: 9:30 a.m.
Channel: Sportsnet



Women's weightlifting

Christine Girard will try to improve on her fourth-place finish at the 2008 Beijing Games in the women's 63-kilogram event. Girard won gold in the event at the 2011 Pan Am Games.

Time: 10:30 a.m.
Channel: TSN
THE CANADIAN PRESS

OUTDOOR BALL HOCKEY LEAGUE

register now for the

FALL SEASON

\$150
per player

- * 12 games plus playoffs
- * End of season team party
- * Divisions for all ages



BALL HOCKEY AT ITS BEST
519.455.2255

WWW.BALLHOCKEYINTERNATIONAL.COM

Day 3 results

MEDAL STANDINGS

After 38 of 302 total medal events

Nation	G	S	B	Tot
China	9	5	3	17
United States	5	7	5	17
France	3	1	3	7
North Korea	3	0	1	4
Italy	2	4	2	8
South Korea	2	2	2	6
Russia	2	0	3	5
Kazakhstan	2	0	0	2
Japan	1	4	6	11
Australia	1	2	1	4
Romania	1	2	0	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	0	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
South Africa	1	0	0	1
Colombia	0	2	0	2
Britain	0	1	2	3
Cuba	0	1	0	1
Germany	0	1	0	1
Mexico	0	1	0	1
Poland	0	1	0	1
Taiwan	0	1	0	1
Thailand	0	1	0	1
Azerbaijan	0	0	1	1
Belgium	0	0	1	1
Canada	0	0	1	1
India	0	0	1	1

WHAT CANADA DID

Monday at the 2012 London Olympics

ARCHERY

Men's individual 70-metre — Crispin Duenas, Toronto, was eliminated after losing in the first round to Ahmed El-Nemr of Egypt, 6-2.

BADMINTON

Women's singles — Michele Li, Toronto, lost her opening-round match to Wang Yihan of China, 21-8, 21-16, and will not advance.

BASKETBALL

Women — Shona Thorburn, Hamilton, scored 18 points as Canada (1-1) downed Britain, 73-65.

BEACH VOLLEYBALL

Men — Joshua Binstock of Richmond Hill, Ont., and Martin Reader, Comox Valley, B.C., lost their round-robin match to Martin Spinangr and Tarjei Viken Skarlund of Norway, 21-14, 21-18.

EQUESTRIAN

Individual eventing — Jessica Phoenix, Cannington, Ont., is ranked 28th overall following the cross-country event with 57.20 points;

Michelle Mueller, Port Perry, Ont., is 58th (120.20); Peter Barry, Dunham, Que.; Rebecca Howard, Salmon Arm, B.C.; and Hawley Bennett-Awad of Murrayville, B.C. — who was taken to hospital after a fall — were not ranked due to incompleteness of course.

Team eventing — Canada stands in 12th place after the jump qualifier with 1,177.40 points.

FENCING

Women's individual epee — Sherraine Schalm, Brooks, Alta., was eliminated after losing in the opening round to Shin A Lam of South Korea, 15-12.

JUDO — **Men's 73 kg class** — Nicholas Tritton, Perth, Ont., lost in the opening round to Navruz Jurakobilov of Uzbekistan, by Yuko (non-combativity).

Women's 57 kg — Joliane Melancon, Blainville, Que., was defeated by Sabrina Filzmoser, Austria, by Usikiro-kesu-gatame.

ROWING

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; and Michael Wilkinson, North Vancouver, B.C.) advanced to the semifinals after placing third in their qualifying race in five minutes 50.78 seconds.

Men's eights — Canada (Gabe Bergen, 100 Mile House, B.C.; Jeremiah Brown, Cobourg, Ont.; Andrew Byrnes, Toronto; Will Crothers, Kingston, Ont.; Douglas Csima, Oakville, Ont.; Robert Gibson, Kingston, Ont.; Malcolm Howard, Victoria; Conlin McCabe, Brockville, Ont.; Brian Price, Belleville, Ont.) were second in their preheat head (5:27.41) and earn a berth in the finals.

Men's sevens — Canada (Gabe Bergen, 100

Mile House, B.C.; Jeremiah Brown, Cobourg, Ont.; Andrew Byrnes, Toronto; Will Crothers, Kingston, Ont.; Douglas Csima, Oakville, Ont.; Robert Gibson, Kingston, Ont.; Malcolm Howard, Victoria; Conlin McCabe, Brockville, Ont.; Brian Price, Belleville, Ont.) were second in their preheat head (5:27.41) and earn a berth in the finals.

SAILING

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in ninth place following two races with a score of 19.

Men's finn — Greg Douglas, Toronto, stands in 17th place after four races (68).

Men's laser — 18. David Wright, Toronto, ranks 18th after two races (33).

Men's star — Canada (Richard Clarke, Salt Spring Island, B.C.; and Tyler Bjorn, Beaconsfield, Que.) are in 12th place after four races (40).

Women's laser radial — Danielle Dube of Glen Haven, N.S., stands 23rd overall after two runs (43).

SHOOTING

Men's 10-metre air rifle — Cory Niefer, Saskatoon, placed 46th in qualifying with a score of 581, did not advance.

SWIMMING

Men's 200 butterfly — David Sharpe, Halifax, placed seventh in his qualifying heat (1:59.87), did not advance.

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

PRODUCTION OPERATOR/MAT'L HANDLER
Expanding London textile manufacturing company seeks hard-working & mechanically inclined candidates for shift-work positions to supplement existing staff and for possible full-time week-end shift, operating industrial knitting & processing equipment. Please submit a resume detailing employment history and work experience by email, mail or fax to:

Zodiac Fabrics Company
688 Sovereign Road, London, Ontario
N5V 4K7
(Fax) 519-457-3277
mburdett@zodiacfabrics.com
Please no phone call inquiries

Education

Want more Money & Success,
Better Relationships & Health?
For your FREE Intro CD
call 519-913-1258

Business Opportunities

Start with Primerica and build a new career in Financial Services.
PT/FT, will train.
Jim Duddy 519-474-2484 Ext 174

18

CLASSIFIEDS

To advertise, call:
1 800 527-6767

AUTOMOTIVE

Auto Services

AUTO BODY & PAINTING
Since 1980. Warranty Work.
Also Classic Cars. Insurance Claims.
Seniors Discounts
519-494-1478/519-657-0929

RENTALS

Apartments Furnished

#2 BUS DOWNTOWN/Walk to Argyle Mall
Comfortably furnished A/C room in home
For Quiet Working Adult Weekly/Bi Weekly
Move in today! (519)455-2826

MERCHANDISE

Merchandise for Sale

HIP FASHION LTD
972 Hamilton Rd 519-204-0420
183 Dundas St 519-672-4460
15%* off
your retail amount
with this ad.
*Clothing Only

SERVICES

Other Services



Red Wagon Moving & Storage
You pack it up! We pick it up!
Summer Rate \$45.00 per hr
519-352-4811 www.rwm.ca

HOUSEHOLD SERVICES

General Services

NORTH RIVER PROJECTS
Residential/Commercial
ROOFING & SHINGLING ETC.
EXCELLENT JOB AT A REASONABLE PRICE
Call for a FREE Quote!
226-688-6090

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

General Services

Do You Suffer from Diarrhea Predominant Irritable Bowel Syndrome or IBS-d?



Contact KGK SynergizeClinic: 519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com

Join a research study to evaluate the effectiveness of an investigational medication, or inactive placebo, for Irritable Bowel Syndrome with diarrhea.

Contact us now to see if you qualify. Qualified Participants will be compensated up to \$50.00 a visit.

metronews.ca
Tuesday, July 31, 2012

Miscellaneous

Miscellaneous

LOOK!

Advertise in this space
for as little as
\$35/day
Call 1-800-527-6767!

Attention Realtors!

Did you know Metro is the most read daily national newspaper in the country?
Advertise your listings with Metro Classifieds.



2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

Read metro® work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

100yr old pine drop leaf gate-leg table - \$75
Maple dresser with large mirror - \$75
Both pieces in great condition
Call 519-768-1122

Chest of drawers with marble top.
\$75
Call 519-652-2407

Display Pole 9' high. Great for Trade Show Banner Ads. Perfect Condition. Includes Accessories Reg price \$300
A steal at \$90 Please call 519-473-1091

GE Electric Stove
Cream color, excellent condition
\$110.00
519-476-5000

Oaster Mixer with bowls \$25
4 New Casserole Dishes with lids \$30 for all
5 Lena Liu Framed Prints Best offer for each
(519)663-0711

Sony 60 inch Projection TV
Full HD 1080 SRXD
\$650 OBO
519-858-0279

2 Portable commercial steam cleaners
Has extra hoses, furniture wands many extras included. **\$1500 for both**
(519)204-0054

Clark 10 inch table saw, extra blades, good condition - \$100
Call (519)264-1184

Electric Chair
excellent condition 2 yrs old
asking \$400
(519)205-0085

Green Recliner Couch \$150.00
New AC. New in box 5250 BTUs \$125.00
519-280-4101

Pet Carrier \$20
(519)663-5411

Tin toys wanted to buy
Older, wind up friction robots, cars, collections. Will pick up, pay cash. Call anytime: (519)672-1219

ANTIQUE SINGER SEWING MACHINE WITH HAND CRANK \$90.00
Dale Peachy Hunter Card # 277 from 1981 asking \$40 519-453-8798

Clothes Line Elevator - Heavy Duty \$25
8" Job mate Mitre Saw like new \$50
30 Childrens story books \$20
(519)453-8798

Electric Scooter with battery
\$425 almost new
(519)204-9013

IKEA single bed NEVER BEEN USED & Made in Canada
\$120.00 (retail price was \$300)
800-366-1487 Ext 6580 Leave MSG

Roto Tiller Sears 8hp high low and reverse good condition
\$100
(519)681-2874

•Beige Love Seat good Con was \$700 retail asking \$200 •Residential Alarm system never been set up was \$700 asking \$200
800-366-1487 Ext 6580 Leave MSG

Desk
Great for students!
\$25
519-652-2407

Exercise equipment for sale:
barbell, 4 weights, 2 steps, exercise bike
\$50 for all
Call (519)858-0279

Ladies clothing size small
Sandals size 7 most items new
519-455-4659

Singer Sewing Machine in cabinet
Works well
\$50.00
519-473-5267

Why wait till Winter?
Day light used for depression
2 settings & on an adjustable stand
\$60 OBO (226)663-1005

Sharability



easy

hard

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 - MONDAY TO FRIDAY 8:30 AM TO 6:00 PM [ATL] Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

Aries

March 21 - April 20

The pace of life will pick up dramatically over the next few days and you could find yourself running all over the place. Make sure your efforts are for your own benefit. Don't spend every minute making other people happy.

Taurus

April 21 - May 21

Business issues and personal relationships will in some way be brought together today. You may have to spend a bit of money to attract what you need but it's OK, you can afford it.

Gemini

May 22 - June 21

Today's Venus-Saturn link will open your heart and make it easier for you to let those you love and admire know how much they mean to you. The depth of your feelings will no doubt surprise them.

Cancer

June 22 - July 23

You seem to have made a good impression on some of the people you work alongside and a promotion or salary increase is a distinct possibility. Don't be too modest about your talents: You deserve what you get.

Leo

July 24 - Aug. 23

Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

Virgo

Aug. 24 - Sept. 23

You'll be attracted to someone like the proverbial moth to a flame. Let's hope you don't get burned a crisp! Feel with your heart by all means but think with your head too. It could save you sorrow.

Libra

Sept. 24 - Oct. 23

Relationships of all kinds can be strengthened today. With Venus, your ruling planet, on good terms with Saturn in your sign it will be ridiculously easy to mend fences. So what are you waiting for?

Scorpio

Oct. 24 - Nov. 22

Someone is making life difficult for you. Why? Because it makes them feel good. Now that you know that, you should not feel guilty about hitting back.

Sagittarius

Nov. 23 - Dec. 21

Anyone who thinks you are easy to deceive had best think again because you are not only smarter than you look but are in no mood to deal with fools either. Sadly, there are a lot of them.

Capricorn

Dec. 22 - Jan. 20

Some people have been taking advantage of you and it's time you did something about it. Today's cosmic alignment will help you get tough without causing too much of a stir. Drop a few hints. They'll get the message.

Aquarius

Jan. 21 - Feb. 19

You will find it easy to win people over with your way of thinking, but is your way of thinking correct? At some stage you will encounter information that encourages you to look again at certain long-held beliefs.

Pisces

Feb. 20 - March 20

Family and financial matters are under good stars today and if you go out of your way to make other people happy then you are more likely to be happy too. Your needs and their needs are not so far apart. **SALLY BROMPTON**

Crossword: Canadian Entertainers

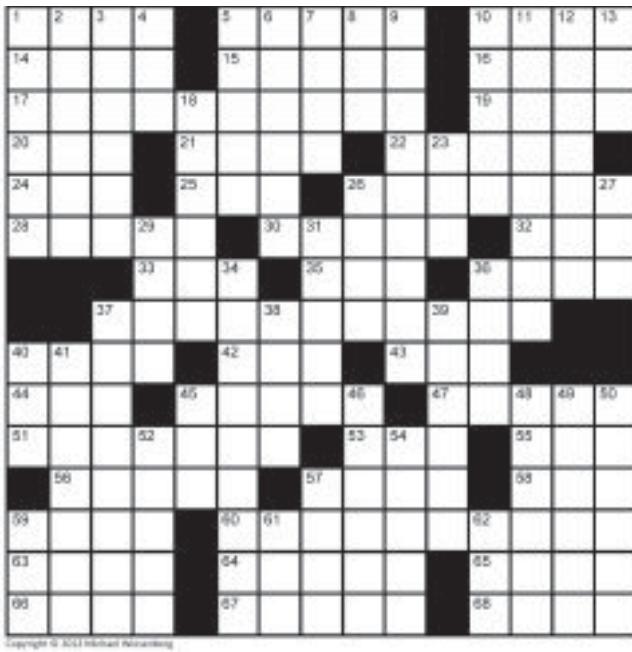
Across

1. Wise
5. Barred to outsiders, like an exclusive community
10. 528i and 750iL, e.g.
14. ___ day: vitamin bottle recommendation
15. "Rice-___, the San Francisco treat"
16. Past participle of lie
17. Canadian-American actor who portrayed Max Headroom
19. Not ___ many words
20. Bible divs.
21. 32-Across overnight suggestions
22. Bert's Sesame Street pal
24. Narrow river inlet (or, backwards, atmosphere)
25. ___ Rail Canada
26. London, Ontario-born *Wedding Crashers* star Rachel
28. ___ nous: confidentially (literally, between us)
30. Ballot listing
32. Canadian auto club
33. Small batteries
35. "Evil Woman" gp.
36. ___ E: History Channel owner
37. English-Canadian actress who portrayed Samantha Jones in HBO's *Sex and the City*
40. *Death in Venice* novelist Thomas
42. "Can I take that as ___?"
43. Dog command
44. "... or so ___ heard"
45. Biting wit
47. Motown's output, in short
51. Regina-born star Leslie of *Naked Gun*
53. Sundial seven
55. Tic-tac-toe win
56. Hawaiian greeting
57. Kind of bag
58. "I ___ You, Babe": Sonny and Cher hit
59. "They're ___ again" (fighting)
60. American-Canadian baroque and operatic singer-songwriter Rufus
63. "I ___ I": tot's refusal
64. Atlas rocket stage
65. Call on the phone
66. Therefore
67. Agreements
68. Green Gables girl

Down

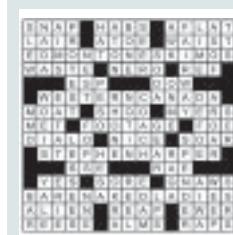
1. Depressing
2. ___ Skywalker
3. Alludes to
4. Consume
5. "Enhanced," on some menus
6. 1970s rock concert sites
7. 32-Across jobs
8. "Acetyl" add-on
9. Moviemakers
10. Unseeing
11. Crazed
12. Montréal-born Joseph who played Dr. No
13. Cat or cone preceder
18. Alarm setting for one with a paper route, maybe
23. Edmonton-born actress ___ Dawn Chong
26. Scotch ingredient
27. Unhappy
29. Winnipeg-born Douglas, Hal's 2001 voice
31. "Don't ___": pretend you don't know
34. Frighten off
36. Sask. neighbor
37. How some beg
38. "Author unknown," for short
39. Better ventilated
40. Abbr. on a volume knob
41. Flyer
45. Kinda
46. Vancouver-born actress De Carlo
48. Skull, slangily
49. Vancouver-born Scott portrayer on *Star Trek*
50. Perfume holder
52. Canada's ___ Max

BY MICHAEL WIESENBERG



Copyright © 2012 Michael Wiesenber

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	6	5	3	8	7	1	9	2
3	7	2	5	9	1	4	6	8
9	1	8	4	2	6	3	5	7
6	4	7	2	3	5	8	1	9
1	2	3	8	7	9	6	4	5
8	5	9	6	1	4	7	2	3
2	8	4	9	6	3	5	7	1
7	9	6	1	5	8	2	3	4
5	3	1	7	4	2	9	8	6

2	5	4		6
			7	8
			5	2
1	7			

3	8		7
6			8
9	6	1	

3	4	8	1
7			
5	9	2	



NEED A RIDE?
Read metrodrive every Wednesday.

QuestChat™
feel the rush

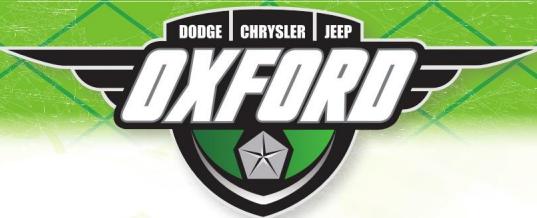
TRY IT FREE*
519.439.4444

Other Cities 1.888.482.8282

1.900.677.4444 » \$25/50min

+18+

questchat.com



Back By
Popular
Demand!

2012 CHRYSLER

200 LX

These are the features you really want!

- 2.4L DOHC 4 Cylinder
- Automatic Transmission
- Up To 42 MPG Hwy
- Air Conditioning
- Power Windows & Locks
- Remote Keyless Entry
- Cruise Control
- Steering Wheel Audio Controls



WOW!
From \$16,897

\$94^{.93} — @ — **4.99%**

From

Bi-Weekly

For 96 Months

OVER 35 TO
CHOOSE FROM

EXCLUSIVE SAVINGS

MSRP \$21,625

CONSUMER CASH \$3,600

OXFORD DISCOUNT ... \$1,128

\$16,897

TOTAL SAVINGS

\$5,353



**No Charge 3-year basic
maintenance with the
purchase of any vehicle.**

**\$625
VALUE!**

All New and Used vehicle retail purchases include No Charge Lube, Oil & Filter and Tire Rotations for a period of 3 years from delivery date. Includes up to 10 Lube, Oil & Filter services (up to 12 for vehicles not equipped with Oil Life Monitors), up to 6 Tire Rotations and an Annual Peace of Mind Inspection.

625 Oxford Street West,
London Ontario

(519) 473-1010

www.oxforddodge.com



Price and Payments are just plus HST & license. Cost of borrowing sample on \$10,000 is \$2481 O.A.C. Payments are calculated with \$750 down. Vehicles may not be exactly as illustrated. Offer valid to July 31st or supplies last. \$5,353 'savings' includes \$625 value on 3 year N/C maintenance package.